**Problem Statement**

Recent research on sleep disorders has addressed issue of obesity being a large factor to induce sleeping disorders. With obesity being an obvious influence, I would like to take this opportunity to discuss how normal body masses can become affected with sleeping disorders as well.

**Lit Review (step 2)**

Although obesity is a reasonable cause for some sleep disorders due to extra stressors on the internal organs, specifically the lungs, “normal” body masses are just as subject to have a sleep disorder. For example, one of the main symptoms of most sleep disorders are enlarged adenoids. While adenoids help fight off bacteria and fight infection, it is very easy for them to become enlarged producing high amounts of snoring (kidshealth.org) {(not really sure how to cite this)} Inflamed adenoids are also highly likely to cause shortage of breath when asleep; this is known as sleep apnea.